

The Food and Nutrition Summer Institute Newsletter

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SUMMER 2003

Editor's Comments

This past year has been very challenging and rewarding. While working on my Ph.D. at Howard University and being an intern with the USDA's Community Nutrition Research Group (CNRG), I had the task of juggling work and dissertation research obligations. The entire process was very taxing emotionally and physically. Some say earning a Ph.D. is like pledging a sorority or fraternity and I must agree. To committee members I said many times, "yes ma'am and yes sir, I'll make those corrections." I spent sleepless nights because I couldn't get that SAS program to run, only to find out later that I left out a semicolon at the end of a statement. It is all a part of the long but bitter-sweet process. However, when I walked across those burning sands over into the most elite group in academia, I could say my time was well spent! I stated in the acknowledgments of my dissertation, "I am grateful to Dr. Ellen Harris for challenging me and giving me the opportunity to display and expand my nutrition knowledge beyond the classroom." Many people have provided me with meaningful guidance for professional development and this is what's in store for the students participating in the 2003 FNSI.



This year's program is very exciting because it highlights a unique collaboration between the Food and Nutrition Summer Institute and the U.S. Army Research Lab. We will participate in interactive working sessions and design projects.

The keynote speaker this year is Dr. James A. Dula, Deputy Chief Administrative Officer for Health and Human Services, Prince George's County, Maryland.

Remember while you are here take advantage of touring the historic Washington, D. C. area which is approximately 13 miles from Beltsville.

..... Dionne Toombs, Ph.D.

The Obesity Epidemic in the United States

The prevalence of obesity has increased more than 70% over the past ten years and the number of people who are obese is continuously rising and affecting our nation in epidemic proportions. Unhealthy dietary practices and lack of physical activity are two major causes of obesity in the United States. Diabetes, hypertension, cardiovascular disease and certain types of cancer are preventable diseases that are associated with

obesity.

The prevalence of obesity is escalating in more than 60% of the adult population and has tripled in children and adolescents. Among children and adolescents 15% are overweight and more than 7% have diseases

The estimated health care cost of obesity related diseases is \$93 billion a year and is now as costly to Americans as smoking.



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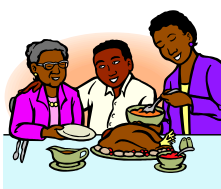
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Calendar & Events

- FNSI Conference
Beltsville, MD
July 19-24, 2003
- SNE Meeting
Philadelphia, PA
July 26-30, 2003
- ADA Conference
San Antonio, TX
October 25-28, 2003
- APHA Meeting
San Francisco, CA

One cannot think well, love well, sleep well, if one has not dined well.



*****V. Wolf
Room of One's Own

The Obesity Epidemic in the United States (Cont'd)

(Continued from page 1)

that are associated with obesity such as hypertension and elevated cholesterol levels. Obesity in adults is defined as having a body mass index of 30 and above. Children having a BMI-for-age value at or above the 95th percentile of the CDC Growth Charts are overweight.

The estimated health care cost of obesity related diseases is \$93 billion a year and is now as costly to Americans as smoking. The average annual medical bill for those individuals who are overweight in the adult population is \$732 per person, more than 37% of the cost per person of those who are normal weight. On average obese Medicare recipients spend \$1,500 more on health care than non-obese Medicare recipients.

In an interview with CNN, Health and Human Services Secretary Tommy G. Thompson said the fast food industry should "do what is right for

Americans, such as offering low-calorie meals and tips on healthier living, like encouraging customers to eat properly and to exercise." Thompson and others have also suggested adding a tax on fatty foods, providing subsidies for fruit and vegetable purchases and discounted health insurance for those who participate in weight loss programs.



Due to lawsuits some fast food restaurants are including more salads and other healthier choices on their menus. A healthy diet and regular physical activity are the keys to the prevention of obesity. As a community we should join together and take action to combat the increased incidence of obesity our nation is facing.

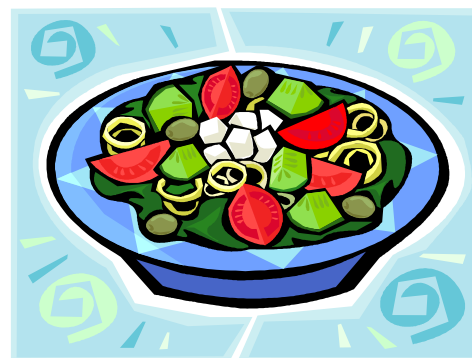
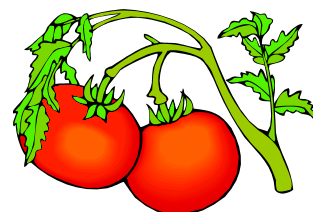
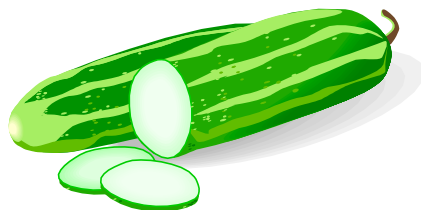
Healthy Eating Recipe

Creamy Cucumber Salad

- 1 lb European or garden salad
- 1 large green bell pepper, seeded and cut into thin strips
- 1 cup cherry tomatoes
- 1/2 cup fat-free creamy cucumber dressing
- 1 cup cool herb croutons

Combine all ingredients in a salad bowl and toss.

Serves 4



Source: "Weight Loss for African-American Women, An Eight-Week Guide to Better Health" George Edmond Smith, M.D. M. Ed.

2001 Hilton Publishing Company.

Nutritive Information per Serving

Calories:	127
Protein (g):	4
Fat (g):	2
Carbohydrates (g):	24

Food and Nutrition Summer Institute Agenda (July 19-24, 2003)

	<u>Morning</u>	<u>Afternoon</u>	<u>Evening</u>
Saturday, July 19	12:00 p.m. - Hotel check-in begins		6:30 p.m.-8:30 p.m. Reception and Dinner at Hotel
Sunday, July 20	10:30 a.m.-2:00 p.m. "Health and Security for the Spirit and Body" Dumbarton Chapel		***Dinner on your own***
Monday, July 21	8:00 a.m.-9:00 a.m. Registration in Bldg 005, BHNRC 9:00 a.m.-9:15 a.m. Welcome and Greetings 9:15 a.m.-10:00 a.m. Opening Speaker 10:00 a.m.-10:15 a.m. Break 10:15 a.m.-10:30 a.m. Program Overview 10:30 a.m.-12:00 noon Group Session I Project Introduction	12:00 p.m.-1:00 p.m. Lunch 1:00 p.m.-2:35 p.m. Concurrent Demonstration Sessions 2:35 p.m.-3:00 p.m. Break 3:00 p.m.-5:00 p.m. Group Session II: Discussion and Feedback 5:00 p.m.-5:30 p.m. Plenary: Preparing for Capitol Hill 5:45 p.m. Travel to hotel	***Dinner on your own***
Tuesday, July 22	8:00 a.m.-9:00 a.m. Travel to Capitol Hill 9:30 a.m.-11:30 a.m. Capitol Hill Session 11:40 a.m. Depart Capitol Hill 11:40 a.m.-12:15 p.m. Travel to Beltsville, Maryland	12:30 p.m.-1:30 p.m. Lunch Place: George Washington Carver Bldg (GWCC) 2:00 p.m.-4:00 p.m. Group Session III: Project Design 4:00 p.m.-4:30 p.m. Plenary Q&A 4:45 p.m. Travel to the Hotel	***Dinner on your own***
Wednesday, July 23	7:15 a.m.-9:00 a.m. Travel to Aberdeen, Maryland 9:00 a.m.-12:00 p.m. Session at Aberdeen	12:00 p.m.-1:00 p.m. Lunch at the "Top of the Bay" 1:15 p.m.-2:45 p.m. Travel to Beltsville 3:00 p.m.-5:00 p.m. Group Session IV Developing Group Presentation 5:00 p.m.-6:00 p.m. Optional evening session 5:00 p.m. travel to Hotel	***Dinner on your own***
Thursday, July 24	9:00 a.m.-12:00 p.m. Group Presentations	12:00 p.m.-2:00 p.m. Lunch & Closing 2:30 p.m.-4:00 p.m. - 2004 Summer Institute Planning Meeting	

Call for Nominations

Do you know an Unsung Hero in your community? The FNSI planning committee is seeking nominations for the Unsung Hero Award. The purpose of this award is to recognize the valuable and often unrecognized contributions made in the field of food, nutrition, and dietetics by the many men and women of African descent. Criteria for selection:

- The nominee should have worked 20 or more years in the field of nutrition or dietetics.
- Served as a public servant, academic, or advocate.
- Worked in a clinical, public health or community setting.
- The nomination shall provide examples of exemplary food and nutrition experiences with students and/or the community.
- The nomination shall describe any additional activities relevant to contributions to the field (active membership and/or office in professional or community organizations; scholarships, research writing or community service).

For more information call Dionne Toombs at 301-504-0610 (Tele), 301-504-0698 (Fax), or e-mail cnrggst1@rbhnrc.usda.gov.

Roll Call

2003 FNSI Students Participating Represent:

Alcorn State University
Alabama A&M University
Howard University
Indiana State University
Morgan State University
North Carolina Central University
Salish Kootenai College
Southern University & A&M College
Tuskegee University
University of Arkansas - Pine Bluff



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<http://www.nal.usda.gov/fnsi/>

THE FOOD & NUTRITION SUMMER INSTITUTE

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